

Fellowship Square Communities

Lake Ridge Fellowship House, Woodbridge, Va.
Lake Anne Fellowship House, Reston, Va.
Hunters Woods Fellowship House, Reston, Va.
Largo Landing Fellowship House, Largo, Md.

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Fellowship Square

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Fellowship House

Winter Greetings

NEWSLETTER

From the Administrator

FEBRUARY 2017



This month we have some exciting things happening. Look in the calendar for Valentine's Day, Black History Month, and Chinese New Year happenings. Please enjoy the activities as Cassandra, the Resident Services Coordinator, and the staff have been brainstorming on how to bring more activities and offerings to the residents at Hunters Woods Fellowship House. I hope everyone is enjoying the weekly Panera Bread delivery and the weekly Coffee Social. Cassandra made contact with Panera Bread and staff have pitched in to do weekly evening pick-ups.

Once again, I want to stress that Safeway carts need to be returned to Safeway after use. Please do not leave them at the front doors. The Safeway management is complaining about the loss of carts from the store. It is illegal to steal a cart from the store and leave it here in front of the building. Please return them before the store management takes stronger action in the future. Remember we have cart keys available for you to utilize carts that are owned by Hunters Woods Fellowship House. This is an inexpensive alternative to cart your groceries from the store. Please see Brenda, our receptionist, if you are interested in purchasing a key.

Remember if you need assistance in obtaining any benefits or services please sign up for an appointment with Cassandra Hawkins, the Resident Services Coordinator. She is more than happy to answer your questions and provide you with the appropriate resources .

This month at the Resident Advisory meeting we will be discussing leadership positions, International Festival & March activity planning. Please attend if you are interested in participating in these activities.



Fellowship Square

Hunters Woods Fellowship House
2231 Colts Neck road
Reston, VA 20191



Pest Control Schedule

The exterminator will perform regular treatments following the schedule below:

- **Apts. 913-925**
Monday, February 13
- **Apts. 801-812**
Tuesday, February 27

If you suspect any bug infestation in your apartment or a common area, please notify the receptionist.

What's Happening

National Croissant Day was celebrated on January 30th with croissants and hot tea!



Thanks to Panera, bread will be distributed 3 times a week for all residents!

A few of the residents enjoying coffee, now served every Friday morning



Doctor Schedules

Name	Date	Time
Dr. Jassor (hearing screening)	February 6	11:00am
Dr. Zhou	February 9 & 22	8:30 am
Dr. Cheng	February 1 & 15	8:30 am
Wellness Clinic	February 3,10,17 & 24	1:00 pm



You can get your blood pressure checked every Friday at 1:00 pm in the Classroom

RESIDENT ADVISORY COMMITTEE

Will be held on Wednesday, February 1st, 10:30am in the Social Hall. Everyone is welcomed to attend.



Annual Schedule
10th & 11th Floor will be inspected on **Tuesday, February 14**

Rent Days

Rent collection days are **February 1st, 2nd, and 3rd** in the Conference Room from 9 am to 12 pm. Rent paid on **February 6th and 7th** should be placed in the Rent Box.



Interested in being part of the Resident Advisory Committee?

1. You can **volunteer** during the various events
2. Become an **Interpreter** for residents
3. Spend your free time leading the HW community as a **President, Co-President or Secretary**



Follow Fellowship Square





February



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Black History Month 	What's up, February? 	1 Rent Day 7:00 am Tai Chi- SH 8:30 am Dr. Cheng-MP 10:30am RAC Meeting-SH 2:00 pm Chinese Bible Study- C 4:00 pm Chinese/Eng Class- C 7:30 pm Chinese Dance Class- SH	2 Rent Day Groundhog Day 7:00 am Tai Chi- SH 9:30 am Chinese/Eng Class- C 	3 Rent Day 7:00 am Tai Chi- SH 9:00 am Coffee- L 10:30 am Communion- SH 1:00 pm Wellness Clinic- MP 2:30 pm Bible Study-C 	4 7:00 am Tai Chi- SH 7:30 pm Chinese Singers- SH
5 11:00 am St. John Neumann Mass Bus Pickup 2:45 pm Chinese New Year Celebration-DR 	6 Rent Day 7:00 am Tai Chi- SH 9:30 am Chinese/Eng Class- C 11:00am Hearing Screening- 7:00 pm Catholic Rosary- C 7:30 pm Chinese Translation-SH 	7 Chaplain Pastor Klein Rent Day 7:00 am Tai Chi- SH 10:30am Fair Oaks Mall Trip- Fastran 4:00 pm Chinese/Eng Class-SH 	8 7:00 am Tai Chi- SH 2:00 pm Chinese Bible Study- C 4:00 pm Chinese/Eng Class- C 7:30 pm Chinese Dance Class- SH	9 7:00 am Tai Chi- SH 8:30 am Dr. Zhou-MP 9:30 am Chinese/Eng Class- C 	10 7:00 am Tai Chi- SH 9:00 am Coffee- L 10:30 am Communion- SH 1:00 pm Wellness Clinic- MP 	11 7:00 am Tai Chi- SH 6:00 pm Chinese New Year Party-DR
12 11:00 am St. John Neumann Mass Bus Pickup 	13 7:00 am Tai Chi- SH 9:30 am Chinese/Eng Class- C 7:00 pm Catholic Rosary- C	14 Chaplain Pastor Klein Valentine's Day 7:00 am Tai Chi- SH 10:00 am Beauty Shop-MP 2:00 pm Ice Cream Social-DR 4:00 pm Chinese/Eng Class- SH 	15 7:00 am Tai Chi- SH 8:30 am Dr. Cheng-MP 2:00 pm Chinese Bible Study- C 4:00 pm Chinese/Eng Class- C 7:30 pm Chinese Dance Class- SH 	16 7:00 am Tai Chi- SH 9:30 am Chinese/Eng Class- C 2:00 pm Basic English-C 2:30 pm Popcorn Social-SH 	17 Brown Bag Day 7:00 am Tai Chi- SH 9:00 am Coffee- L 10:30 am Communion- SH 2:30 pm Bible Study- C 	18 7:00 am Tai Chi- SH 4:00pm Chinese New Year/ Lantern Festival- DR
19 11:00 am St. John Neumann Mass Bus Pickup 11:30am Christ the Servant Lunch- DR 	20 Presidents' Day Office Closed 7:00 am Tai Chi- SH 9:30 am Chinese/Eng Class- C 7:00 pm Catholic Rosary- C 	21 Chaplain Pastor Klein 7:00 am Tai Chi- SH 4:00 pm Chinese/Eng Class- SH	22 7:00 am Tai Chi- SH 8:30 am Dr. Zhou-MP 2:00 pm Chinese Bible Study- C 4:00 pm Chinese/Eng Class- C 7:30 pm Chinese Dance Class- SH 	23 7:00 am Tai Chi- SH 9:30 am Chinese/Eng Class- C 1:00 pm Man's Day-DR	24 7:00 am Tai Chi- SH 9:00 am Coffee- L 10:30am Communion- SH 1:00 pm Wellness Clinic- MP 	25 7:00 am Tai Chi- SH 7:30 pm Chinese Singers- SH
26 11:00 am St. John Neumann Mass Bus Pickup 	27 7:00 am Tai Chi- SH 9:30 am Chinese/Eng Class- C 7:00 pm Catholic Rosary- C	28 Chaplain Pastor Klein Mardi Gras 7:00 am Tai Chi- SH 10:00 am Beauty Shop-MP 2:00 pm Interpreters' Meeting-D 4:00 pm Chinese/English Class- SH 	American Heart Month 			



Wills on Wheels

If you would like help with your will, lawyers will be present on **Friday, March 31st at 11:30am.** Please sign up at the front desk.

Do You Need a Coat?

When: November 12th- March 18th

Time: Tuesdays, 10am-12pm
Thursdays: 6pm-8pm
Saturdays: 10:30am-12:30pm

Where: North County Governmental Building
1801 Cameron Glen Drive Reston, VA 20190



Resident Coordinator's Corner



February is American Heart Month, and it's important to be informed. Cardiovascular disease is the leading cause of death in the United States; one in every three deaths is from heart disease and stroke, equal to 2,200 deaths per day. Go Red For Women is a movement that starts with you.

Lead by example and make the time to "Know Your Numbers." It's knowledge that could save your life. Below are numbers all women should know. Five numbers, that all women should know to take control of their heart health:

Total Cholesterol, HDL (good) Cholesterol, Blood Pressure, Blood Sugar, Body Mass Index (BMI)

Knowing these numbers can help women and their healthcare provider determine their risk for developing cardiovascular diseases. It's time for all women to learn the most critical numbers in their life — their hearts depend on it.



The Washington DC metropolitan area will celebrate Black History Month during the month of February. We will remember the many contributions of African Americans throughout the United States with events and cultural programs. **Martin Luther King Memorial** - The National Memorial honors the life and contributions made by Dr. Martin Luther King, Jr. Ranger talks are given regularly and highlight historic facts about the Civil Rights leader. Visit the Memorial during Black History Month and learn something new. **Frederick Douglass Birthday Event** - February 17-18, 2017 The National Park Service celebrates Douglass' birthday with events at the **Frederick Douglass National Historic Site**, the **Anacostia Arts Center**, the **Smithsonian Anacostia Community Museum**, the **Islamic Heritage Museum and Cultural Center** and the **Anacostia Playhouse**. The birthday celebration features an array of programs and activities dedicated to increasing the public's knowledge of Douglass' life. All programs are free and are open to the public.

Fun Winter Activities for Seniors

Whether the temperatures are too cold, the roads are too slippery, or you do not feel safe to get out, there are plenty of fun indoor winter activities for seniors. Here is a short list to get you started:

Pick up an indoor hobby – You can pull out the knitting needles or crochet hook to create some fun items for gifts or for yourself.



Invite other seniors (or people of various ages) to your home – have a game or music night. Everyone can bring a game or a musical instrument they can play



Join a book club – If you can get out in nice weather, you may want to look into your local book club



Have a jigsaw puzzle party – that will take you at least a week to finish.



Chaplain's Corner

Dear Residents,

If you wish to receive Holy Communion in February please inform your services coordinator or the front office of your fellowship house.

Days to remember and celebrate in February: Feb. 2 – Groundhog Day, Feb. 12 – Abraham Lincoln's birthday, Feb. 14 – Valentine's Day, Feb. 20 – Presidents' Day, Feb. 22 – George Washington's birthday, Feb. 28 – Mardi Gras Day.

Words to remember in February: "Write it on your heart that everyday is the best day in the year." – Ralph Waldo Emerson

Writing the chaplain's page of the newsletter each month I am struck by the number of special days each month of the year. These days are good to remember because they help to define who we are as a nation. They are a memorial reminding us of the people and events which make up our history as Americans and people of faith. But what about the ordinary days when nothing special is remembered and celebrated?

Our words to remember for this month suggest that we consider everyday as the best day of the year for us. Why? Because each day that we have the privilege to live is a gift from a good and gracious God. Yesterday is gone and will not return. It is but a memory. Tomorrow is not yet ours. But now, today, is the only certainty we have to do with it what we will. Therefore live the day you have now to live it to the fullest. Do all you can to make it a good day for you.

Each day is given to us as a gift from God who measures out our time like fine gold dust. None of us know how short or long we have yet to enjoy the beauty and wonder of life. So make each day count. Whether the day is special or ordinary. Make each day count for you. Plan each day you have so that you are with the people you want to be with and engaged in those activities that you enjoy. Do this and your ordinary days may well become special days for you!

Pastor Fred Klein
Chaplain



“ Write it on your heart that everyday is the best day in the year. ”

- Ralph Waldo Emerson

Days to remember and celebrate in February

Date	Holiday
February 2	Groundhog Day
February 12	Abraham Lincoln's birthday
February 14	Valentine's Day
February 20	Presidents' Day
February 22	George Washington's Birthday
February 28	Mardi Gras Day

